

Secure Track Treatment Program (STTP): treatment overview

Guiding Principles

Youth will be provided the opportunities for change utilizing an integrated treatment model that focuses on the risk and needs of each unique individual. Youth will be provided with education, treatment, and pro-social interventions that are designed to provide each youth the ability to make lasting change and reduce recidivism. Guiding principles when supervising and providing rehabilitative services to the SB 823 population will focus on the **IICF Model** and includes but is not limited to the following:

- **Individualized treatment**
 - Assessment of Risk and Needs
 - Treatment planning based upon assessments
 - Treatment and services that are evidenced-based or best practices
 - Staff training and interventions that promote youth change
- An **Interconnected** model that includes the youth, family or other identified pro-social supports, staff, and community:
 - Establishment of a connection to the community
 - Re-entry planning
 - Focus on secondary educational and/or vocational opportunities
 - Mentors and local leaders to promote cultural and community competency and awareness
 - Culturally responsive
 - Family-centered
 - Family Support
- Promotes Pro-Social **Change** in Attitudes and Behavior
 - Evidence-based or best practices treatment and services
 - Modeling of behavior by staff and providers
 - Mentorship programming
 - Behavior Management System
 - Specialized programming
 - Educational Services
 - Vocational Programs
 - Life Skills Programs
- **Fidelity** with Treatment and Services Provided
 - Review of programs using EBP assessment
 - Continuous Quality Improvement (CQI) review
 - On-going training for staff who provide interventions and services
 - Focus on Core Correctional Practices
 - Outcome Evaluation

Program and Services

Utilizing the guiding principles of the JJCC and incorporating the IICF Model, all youth will be provided access to treatment and services that promote and support rehabilitation, a safe, healthy, and secure environment while housed in the JRF, and successful reentry into the community.

The Probation Department is committed to implementing and adhering to the following treatment components:

- Promote Safe, Fair, and Healthy Environments for Youth, Staff, and Families
- Prepare, Equip, Train, Empower, and Support Staff to Provide Effective Services
- Increase Positive Youth and Family Experiences and Outcomes
- Enhance Community Safety

All youth will participate in assessments of risk and needs and individualized treatment plans will be created to support each youth's treatment goals. This will include on-going, periodic assessments and regular review of treatment plan goals, progress, and additional support needed to obtain identified goals. At least bi-annually, the youth's support system will be included in the review of treatment goals to ensure that all important members of the youth team understand how to support the youth. As a youth is reaching the milestones created to explore release on supervision, additional goals will be created to support successful family reunification and reentry into the community. Youth who, after assessment, do not meet the criteria for a specialized program will participate the JRF Core Treatment Program.

Core Treatment Program

An important aspect of the youth's goals while housed in the JRF is to ensure services and supports are offered to successfully promote a safe and healthy living environment where the youth address issues with staff, other residents, family, treatment team, treatment goals; to include frustration or concerns with progress milestones within the program, with respect and an understanding that their concerns will be heard and managed in the best way possible. Additional cognitive behavior interventions will be identified and implemented as needed. This will include the use of tools such a Core Correctional Practices (CCP) that address the quality of interpersonal relationships, effective use of authority, pro-social modeling and reinforcement, and problem-solving skills. It is important to empower our youth the address issues and concerns in a safe and productive way. In addition, the training of staff to use CCP allows detention staff to gain the skills to manage situations before they rise to a crisis or unsafe level and provide consistency when addressing issues. Continued awareness and adaptations to service delivery that focuses on prevention, decision-making, and treatment services to reduce initial contact, that minimizes restraints, and reduces recidivism within the facility will also be implemented.

The JRF will focus on the use of cognitive behavioral methods that promote pro-social thinking and skill replacement. This core program model will focus on developing a case plan that targets dynamic risk factors that are known to contribute to re-offense. These **dynamic risk factors** include:

- Anti-social thoughts and beliefs
- Anti-social personality (coping and self-control skills)

- Anti-social friends
- Family Relationships
- Substance Abuse
- Employment
- Education
- Leisure/Use of free time

Youth will participate in standardized cognitive behavior treatment (CBT) programs that are designed to address each youth's criminogenic needs. Our **IICF Model** includes the youth and their designated team to support progress within the program and successful re-entry into the community.

Objectives of the Core Program Model include:

- Providing a safe, secure, and supportive environment that allows the youth to address their treatment needs.
- Providing individual assessment, case planning and treatment/service opportunities.
- Providing opportunities for youth to learn and reinforce cognitive behavioral skills such as behavior management, self-regulation, coping skills, and problem solving.
- Providing an environment that promotes healthy inter-personal relationships.
- Providing an environment that is trauma informed and makes efforts to reduce further trauma while in custody.
- Providing opportunities for continued education.
- Providing vocational and job-based skills and certifications.
- Providing pro-social programming and support.
- Providing skills that promote successful re-entry into the community.
- Promoting and modeling pro-social values and beliefs.
- Reducing the length of time in custody.
- Reducing the risk to recidivate/re-offend.
- Reducing the risk of youth entering into the adult criminal justice system.

While participating in the program, youth will learn the following:

- Pro-social skills to assist them in becoming responsible members of the community.
- Pro-social thinking and behavioral skills to assist in forming and maintaining positive relationships.
- Pro-social interventions to reduce likelihood of further interactions with the criminal justice system.
- Practical and hands-on skills to promote job-readiness.

All youth will participate in the Core level programming, youth that are assessed as needing additional programming or support of those who must complete treatment based on their offense will be referred for specialized programming as indicated.

Stages of Change

Youth will progress through the program based on individualized treatment measure and utilizing the Stages of Change. These stages include:

- Precontemplation
- Contemplation
- Preparation
- Action
- Maintenance
- Relapse

Staff is expected to work with youth in a way that supports growth and progress through the stages. Staff are an active part of the youth's team and assisting our youth in making progress with their identified treatment goals.

Trauma Informed

The JRF staff are committed to ensuring that approaches to managing and maintaining our youth are conducted with a trauma informed focus. The youth housed in the facility often come from backgrounds where they have experienced significant adversity and trauma that result in high ACE scores. System involvement alone, is traumatic for our youth. Often youth experience an increase in psychological distress that comes from living in a custodial environment. The Probation Department is committed to focusing on programming and services that promotes resilience and assists in building protective factors for our youth. With this, our treatment model will put emphasis on identifying each youth's protective factors; including strengths and continuing to focus on and build each youth's strengths while in custody with the goal of recovery, healing, promoting hope, and ultimately leading productive lives out of the juvenile/criminal justice system.

Responsivity

The Probation Department will continue to seek out and enhance treatment and services using the "Responsivity Principle" which encourages when assigning youth to programs that the treatment/service is responsive to temperament, learning style, motivation, culture, and gender. Programming will be offered that focuses on the unique needs of young women in the criminal justice system, to include identifying and regulating emotions, developing healthy relationships and facing and overcoming individual histories. The JRF will continue to participate in activities and celebrations that focus on cultural awareness and will seek program volunteers that are willing to share cultural history, recipes, and activities that will enrich understanding of different people and cultures for the residents in the facility. This is another way we can empower our youth to learn about, and become connected to, their culture and community.

Pro-social activities

Youth will have the opportunity to participate in activities that promote teamwork, vocational skills, pro-social interaction with others as well as teaching proper use of free time. These activities will include but is not limited to:

- Team sports
- Cultural activities
- Gardening (GROW program)
- Art projects

- Book club
- Leaders of Tomorrow program
- LGBTQ GROUP
- ROP Kitchen program/Food Handler Certificates
- Mentoring programs
- Hands-on skills/trades

Medical and Mental Health

Youth will have on-going access to medical and mental health staff specifically hired to support the needs of each youth. Medical and mental health assessments will occur, and interventions initiated as indicated. Contracted staff will be available 24 hours a day to address medical or mental health needs. In addition, should other specialized medical or mental health care be indicated, a treatment plan, to include medication as needed, will be created, implemented, supported, and regularly reviewed by the youth's treatment team.

The Specialized Mental Health Treatment Program will include Trauma-Focused Cognitive Behavioral Treatment and other specific interventions and/or treatment methods, including medication management, on a continuum of care that provides individualized treatment plans to stabilize mental health symptoms and as well as target dynamic risk factors that contribute to re-offense. This program will be designed to support the youth in a safe environment, with emphasis on creating a therapeutic setting that reinforces responsible, pro-social behavior. Youth will be referred to this program based upon assessment and need.

Education

Youth, of high-school age, who have not completed high school will continue to attend school with our mainstream JRF residents.

The JRF will also maintain teaching staff with the support of Shasta County Office of Education to provide secondary education for the older youth population. The following will be put in place to support the education of these youth onsite at the JRF, during normal school hours, with educational staff who will provide an appropriate physical and psychological environment to establish and reinforce acceptable youth behavior, attitudes, and social skills:

- Individual and small group instruction
- Educational support and tutoring as needed
- Career development/Hands-on trades
- Life skills/money management
- Support HS GED, if needed
- Work study courses/college introduction
- Support enrollment in secondary online education
- Guidance on vocational training, career, and secondary education

Specialized Programming

Youth will be referred to specialized programming based upon assessment and/or adjudicated offense. The programs may include, but are not limited to:

- Gang Awareness
- Victim Awareness
- Specialized Mental Health Treatment
- Sex Offender Treatment
- Arson Treatment
- Anger Management
- Substance Abuse Treatment